

# Oversupply / Hyperlactation Questionnaire

*Take this at your own pace. There are no right or wrong answers.*

## 1. Breast + Milk Pattern



*You are doing an amazing job. Your body is working hard, and this section helps us understand what you're feeling.*

- YES / NO — Fast or forceful letdown
- YES / NO — Milk spraying or shooting out
- YES / NO — Excessive leaking between feeds
- YES / NO — Engorgement that returns quickly
- YES / NO — Plugged ducts
- YES / NO — Burning or hot breast sensation
- YES / NO — Baby coughing/choking at breast

## 2. Heat + Inflammation Pattern



*If you're feeling warm or uncomfortable, you're not alone. Take a breath — we will figure this out together.*

- YES / NO — Breasts feel warm or hot
- YES / NO — Redness on the breast
- YES / NO — Bitter taste in mouth
- YES / NO — Always thirsty / prefer cold drinks
- YES / NO — Dry mouth
- YES / NO — Dry stools
- YES / NO — Easily overheated
- YES / NO — Night sweats

## 3. Liver Qi Stagnation (Stress Pattern)

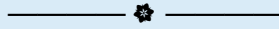


*Your emotions matter. These questions help us understand how your heart and mind are doing, not just your milk.*

- YES / NO — Irritability or frustration
- YES / NO — Rib-side tightness or soreness
- YES / NO — PMS-type symptoms
- YES / NO — Upper chest feels tight
- YES / NO — Stress increases symptoms

YES / NO — Emotional tension

#### **4. Damp-Heat / Phlegm Pattern**



*Your energy and heaviness matter. This section shows us what your body is asking for.*

YES / NO — Heavy or swollen breasts

YES / NO — Thick or sticky milk

YES / NO — Frequent plugged ducts

YES / NO — Feeling sluggish or foggy

YES / NO — Symptoms worse after fried/oily foods

#### **5. Digestion & Diet Pattern**



*Motherhood affects digestion. Your answers help us gently rebalance things.*

YES / NO — Heartburn

YES / NO — Acid reflux

YES / NO — Fast or intense hunger

YES / NO — Bloating

YES / NO — Loose stools

YES / NO — Constipation

YES / NO — Spicy foods (often)

YES / NO — Fried foods (often)

YES / NO — Sugary foods (often)

YES / NO — Dairy (often)

YES / NO — Raw or cold foods (often)

YES / NO — Caffeine (often)

#### **6. Baby's Symptoms (Related to Oversupply)**



*Your baby is communicating through these signs. You're doing your best and we're here to help.*

YES / NO — Choking or coughing during feeds

YES / NO — Green or frothy stools

YES / NO — Clicking or popping sounds

YES / NO — Fussiness during feeds

YES / NO — Pulling off frequently

YES / NO — Gassiness

## 7. Whole-Body Signs



*Your whole body deserves compassion. Answer whatever you can; each response helps us support your healing.*

YES / NO — I run hot

YES / NO — I run cold

YES / NO — Alternating hot/cold

YES / NO — Mood swings

YES / NO — Anxiety

YES / NO — Irritability

YES / NO — Feeling overwhelmed

YES / NO — Poor sleep

YES / NO — Heat wakes me at night

# Scoring

TOTAL YES answers: \_\_\_\_\_

0–5 YES → Mild oversupply

6–12 YES → Moderate oversupply

13–20 YES → Strong oversupply

21+ YES → Complex pattern (heat + stagnation + dampness).

## **Ready to talk about your results?**

Schedule a supportive, personalized breastfeeding consultation so we can walk through your answers together and create a plan that helps you feel calm, confident, and balanced.

**Book here:** <https://calendly.com/breastfeedingfixers/30min>